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Public Health
Prevent. Promote. Protect.

Guidance from the Health Officer

What is the difference between isolation and quarantine?

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>.

Isolation

Isolation is used to separate **people infected** with the virus (those who are sick with COVID-19 and those with no symptoms) from people who are not infected.

Who needs to isolate?

People who test positive for the virus that causes COVID-19 (SARS-CoV-2)

- People who have symptoms of COVID-19
- People who have no symptoms (are asymptomatic)

Steps to take

Stay home except to get medical care

- Monitor your symptoms. If you have an emergency warning sign (such as trouble breathing), seek emergency medical care immediately
- Stay in a separate room from other household members, if possible
- Use a separate bathroom and avoid sharing personal household items, if possible
- Avoid contact with other members of the household and pets
- Wear a face mask and maintain at least 6 feet separation when around other people

Mission

To promote, protect and improve the health and environment of all Shelby County residents.

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When you can be around others (end isolation) after you have had COVID-19?

1. You tested positive for COVID -19, or you had COVID-19 symptoms and thought you had COVID-19, you can be with others after:
 - 10 days since symptoms first appeared or date of specimen collection of positive test **and**
 - 1 day (24 hours) with no fever **and**
 - Symptoms have resolved
2. [People with conditions that weaken their immune system](#) might need to stay home longer than 10 days. Talk to your healthcare provider for more information. You can be with others after:
 - 20 days since symptoms first appeared or date of specimen collection of positive test **and**
 - 1 day (24 hours) with no fever **and**
 - Symptoms have resolved

It is important to remember that anyone who has close contact with someone with COVID-19 should stay home for 10 days **after exposure** based on the time it takes to develop illness.

Quarantine

Quarantine is used to separate people **who might have been exposed** to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should:

- stay home
- separate themselves from others
- wear a face mask
- monitor their health
- follow directions from their state or local health department

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Who needs to quarantine?

Anyone who has been in **close contact with someone who has COVID-19**.

What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for a total (cumulative) of 15 minutes within 24 hours
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (touched, hugged, or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Steps to take

Stay home and monitor your health

- Get tested for COVID -19
- Stay home for 10 days after your last contact with a person who has COVID-19
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
- If possible, stay away others, especially people who are at higher risk for getting very sick from COVID-19
- Wear a face mask and maintain at least 6 feet separation from others in your home if possible
- Remain in quarantine until you are released by the Shelby County Health Department

When to start and end quarantine?

- You should stay home for 10 days after your last contact with a person who has COVID-19.

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Your quarantine period may vary depending on the following scenarios:

Scenario 1 (Non- Household Contact): I had close contact with someone who has COVID-19 and will not have further contact or interactions with the person while they are sick (e.g., co-worker, neighbor, or friend).

- Your quarantine period ends 10 days from the date you had close contact, if you are without fever or symptoms.
- If you develop fever or symptoms, you should get tested for COVID-19
- Your quarantine may end after completing 7 days if you are without symptoms or fever, and you have a negative COVID-19 diagnostic (PCR) test

Scenario 2 (Household Contact): I live with someone who has COVID-19 (e.g., roommate, partner, family member), and that person has isolated by staying in a separate bedroom. I have had no close contact with the person since they isolated.

- Your quarantine period ends 10 days from the date you had close contact, if you are without fever or symptoms.
- If you develop fever or symptoms, you should get tested for COVID-19
- Your quarantine may end after completing 7 days if you are without symptoms or fever, and you have a negative COVID-19 diagnostic (PCR) test

Scenario 3 (Household Contact): I live in a household where I cannot avoid close contact with the person who has COVID-19. I am providing direct care to the person who is sick, don't have a separate bedroom to isolate the person who is sick, or live in close quarters where I am unable to keep a physical distance of 6 feet.

- Your quarantine period begins one day after the COVID- 19 positive person has ended isolation (completed 10 days of isolation and has recovered without fever). Your quarantine will end 10 days from that date if you are without fever or symptoms.
- If you develop fever or symptoms, you should get tested for COVID-19

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Scenario 4 (Household Multiple Contacts): I live in a household with a person who has COVID-19 and started my quarantine period because I had close contact. What if I ended up having close contact with the person who is sick during my quarantine? What if another household member gets sick with COVID-19? Do I need to restart my quarantine?

Yes. You will have to restart your quarantine period from the last day you had close contact with anyone in your house who has COVID-19. **Any time a new household member gets sick with COVID-19 and you had close contact, you will need to restart your quarantine.**

- Your quarantine period begins one day after the COVID- 19 positive person has ended isolation (completed 10 days of isolation and has recovered without fever). Your quarantine will end 10 days from that date if you are without fever or symptoms.
- If you develop fever or symptoms, you should get tested for COVID-19
- Your quarantine may end after completing 7 days if you are without symptoms or fever, and you have a negative COVID-19 diagnostic (PCR) test

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